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(54) **SKIN STRAINING DEVICES AND METHODS**

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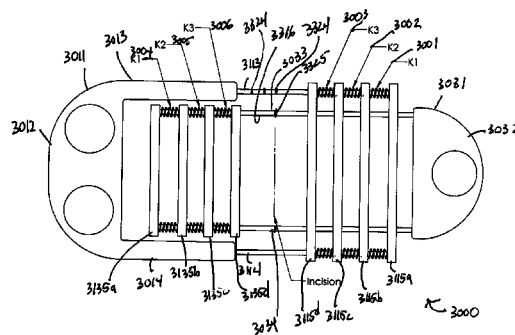
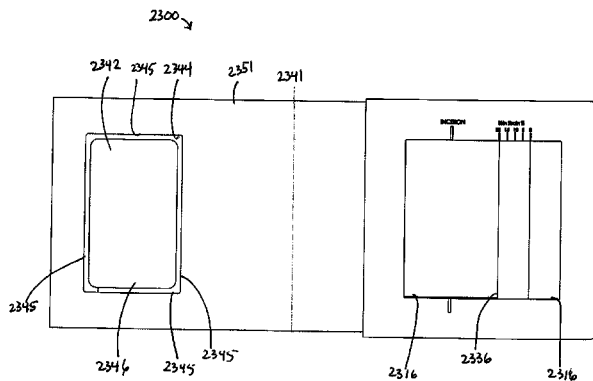
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(57) **ABSTRACT**

A skin frame or other skin straining device strains skin on
each side of a wound where a wound has been closed to off
load stresses at the wound site. A dressing may be applied to
the strained skin. The dressing may be integral with one or
more elements of the skin straining device.

24 Claims, 13 Drawing Sheets



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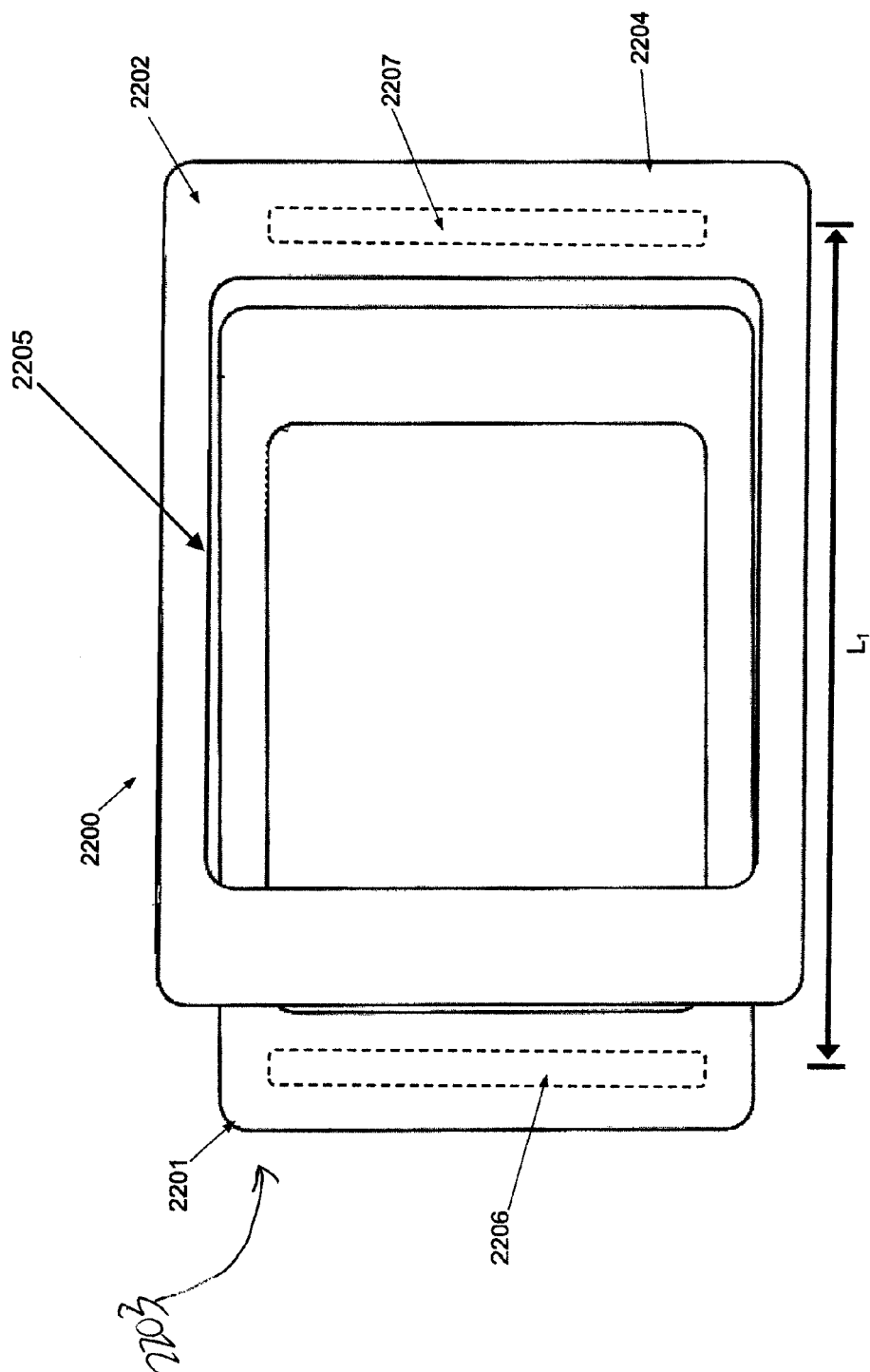
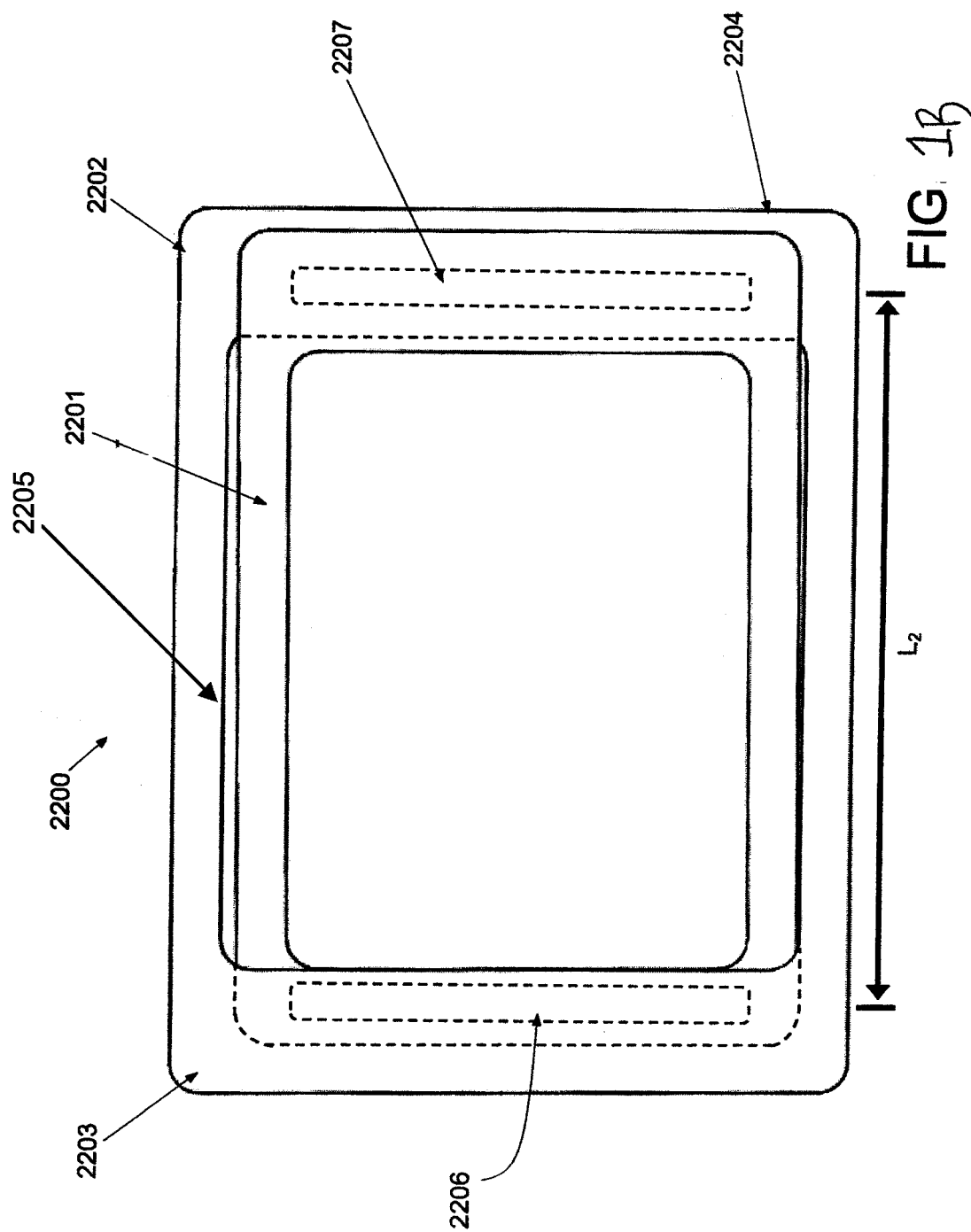
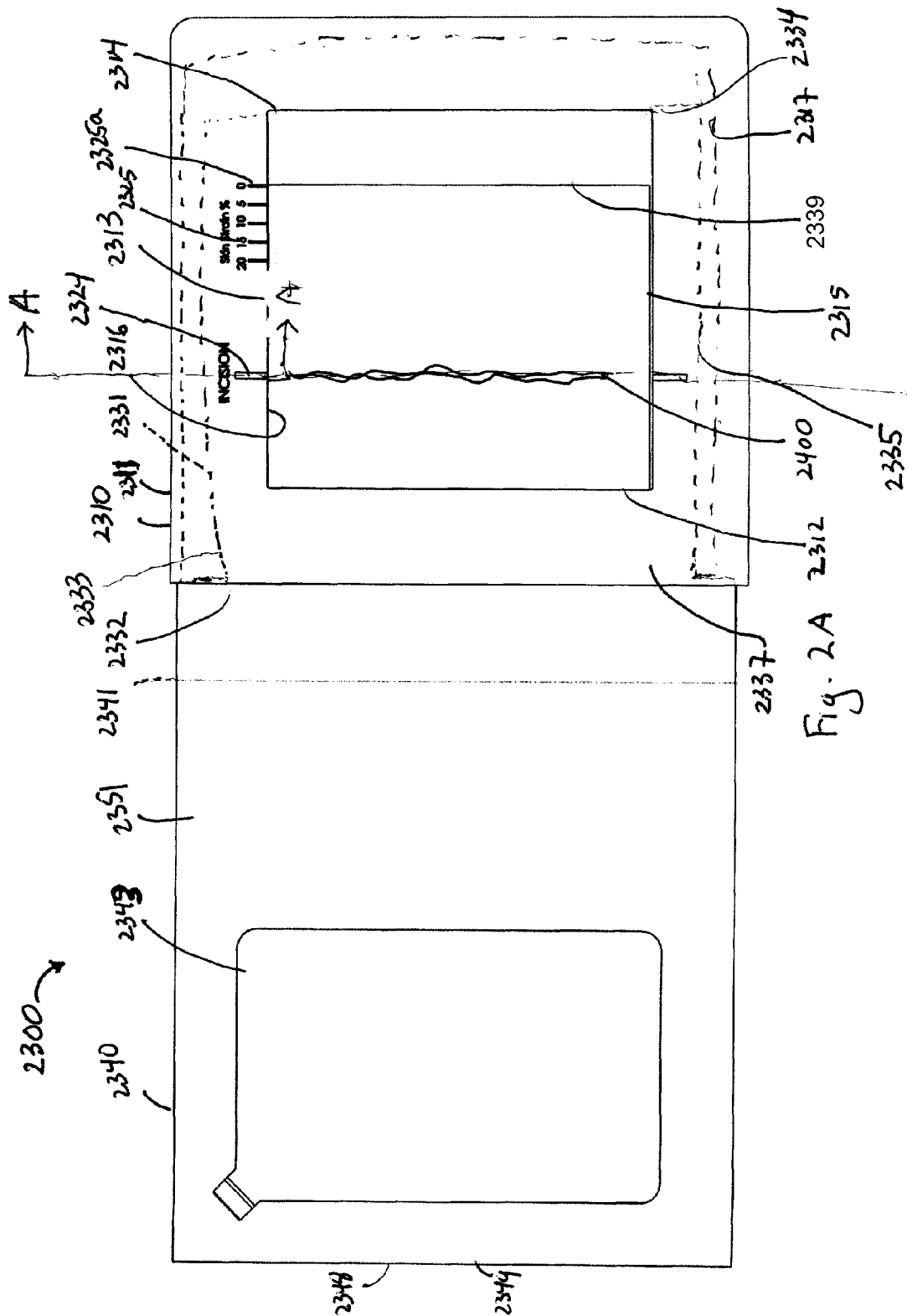
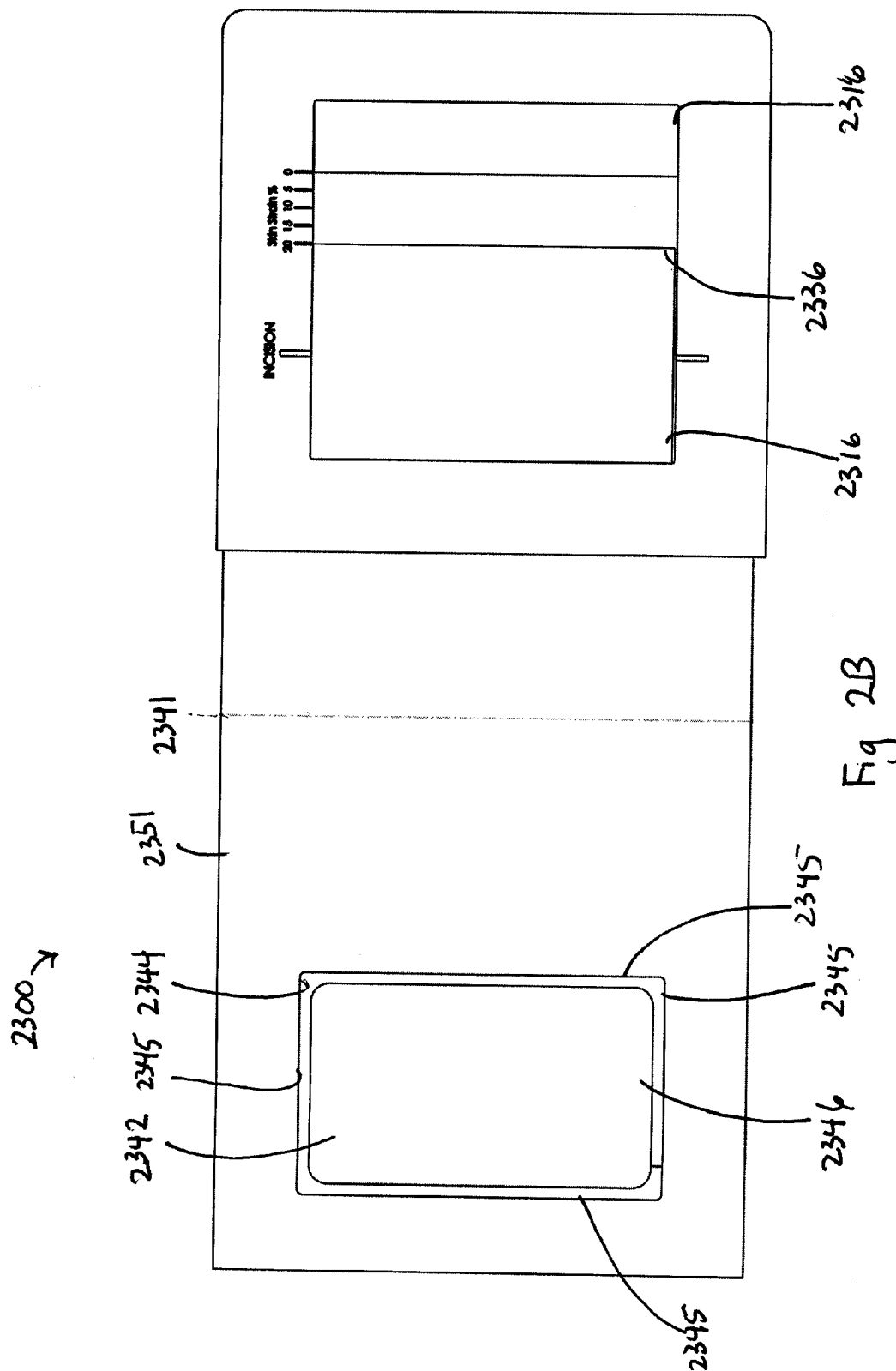
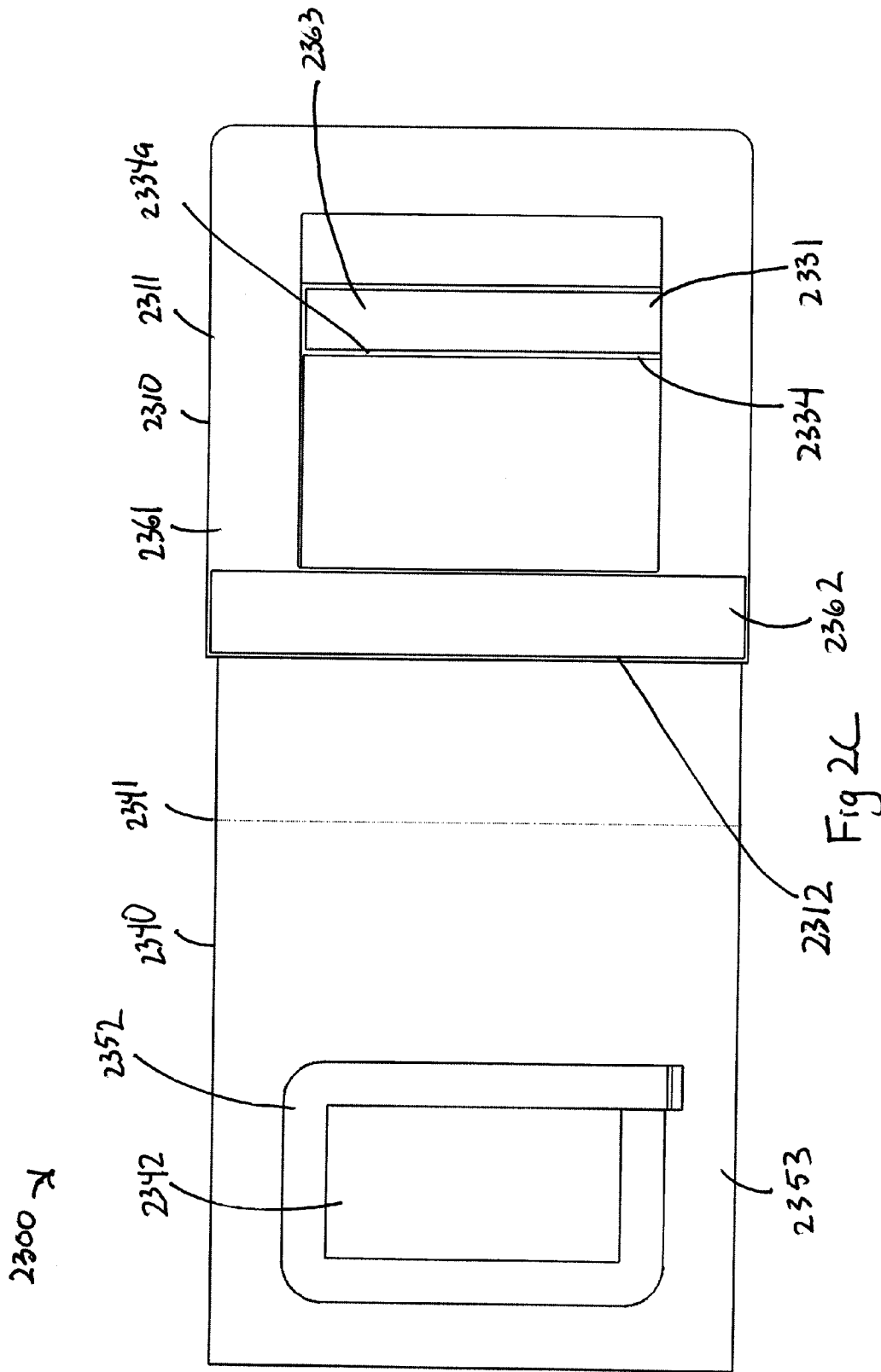


FIG. 1A









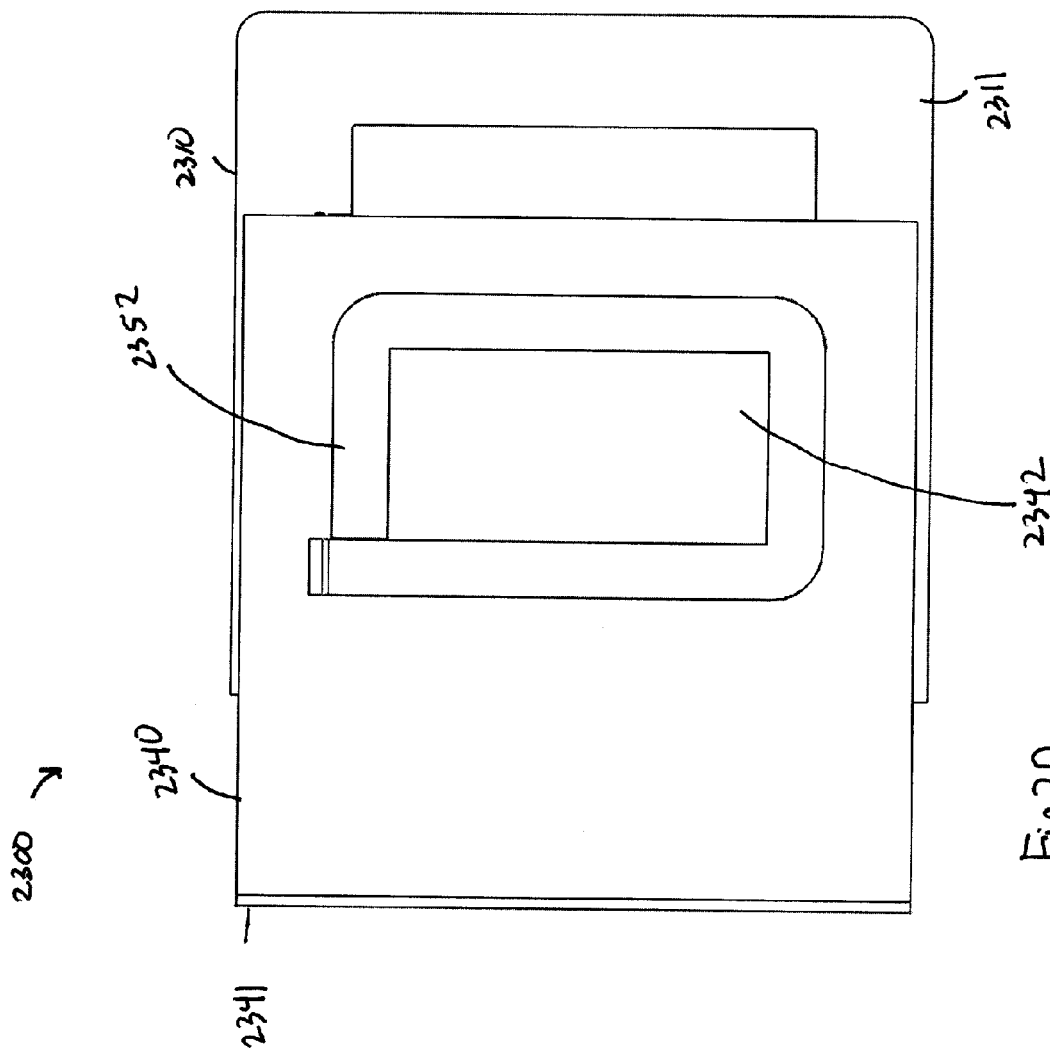


Fig 20

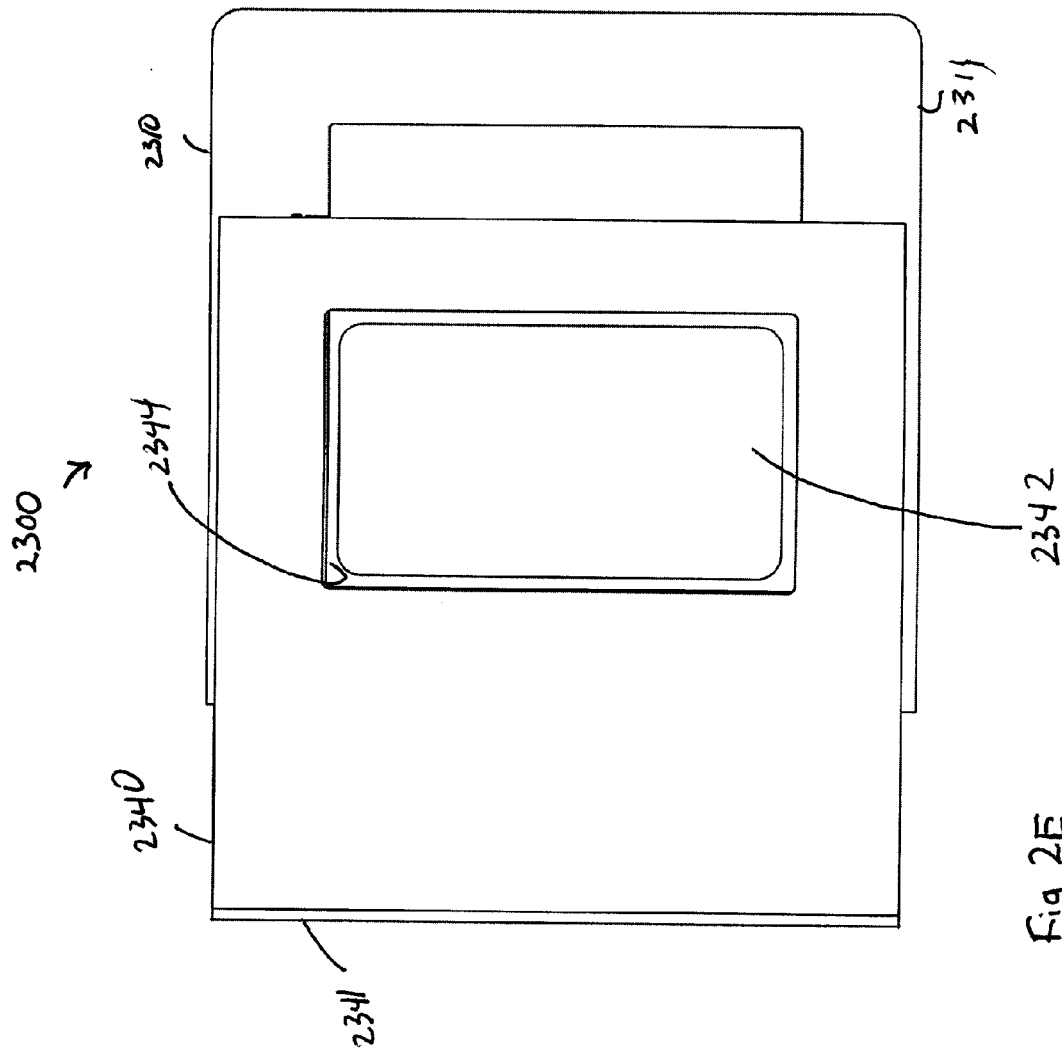
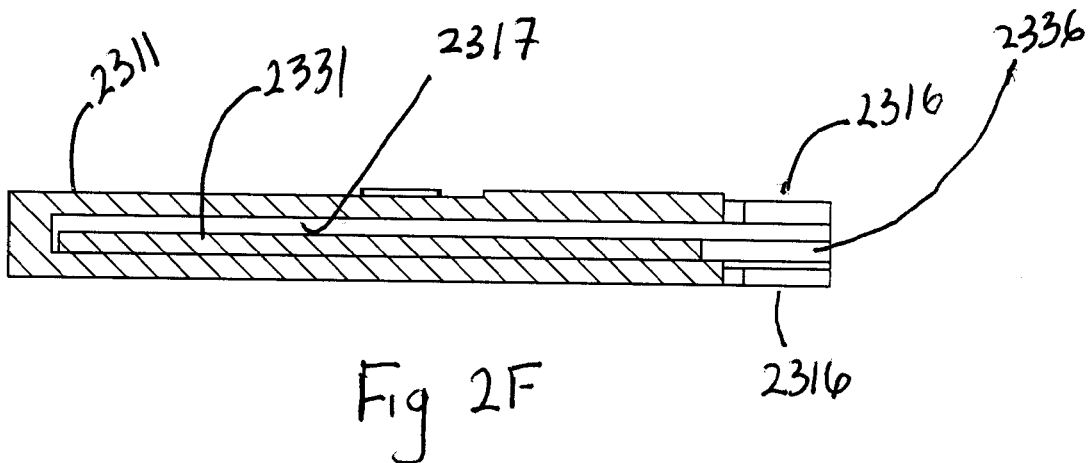
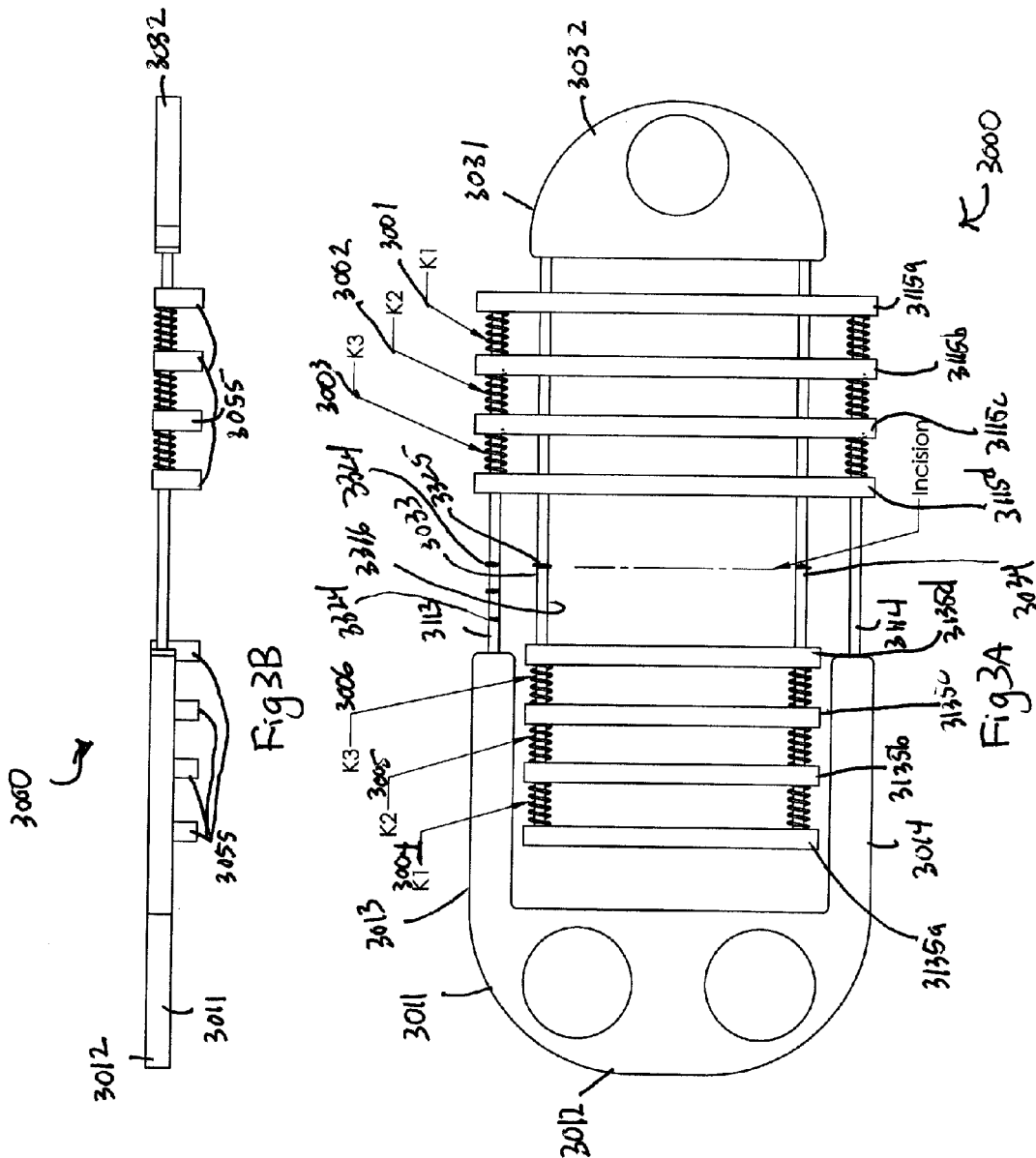
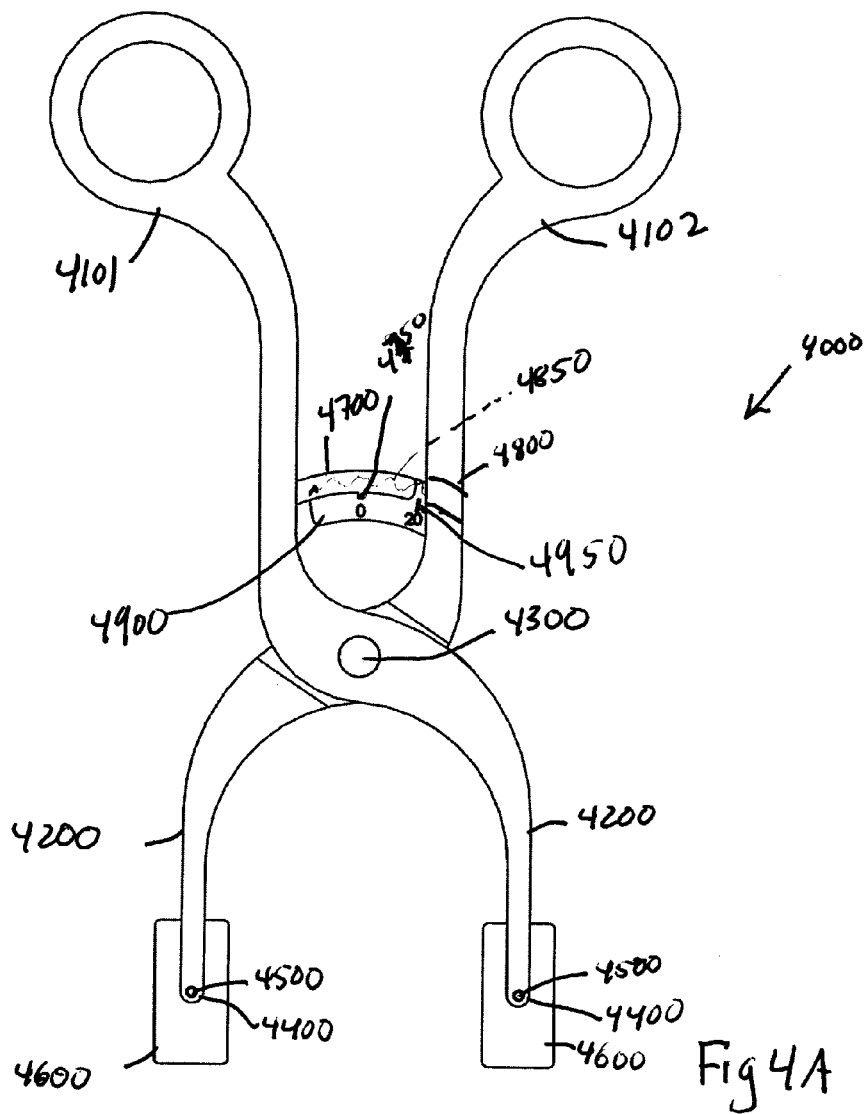


Fig 2E







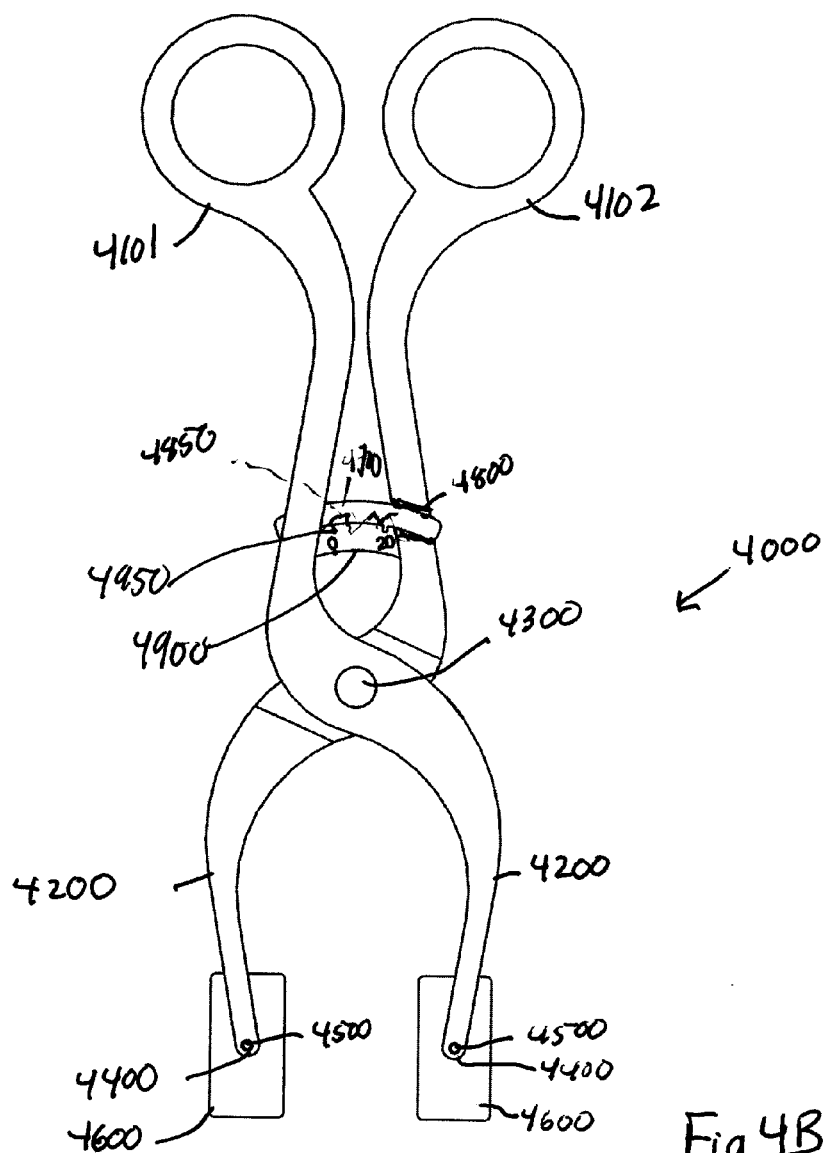
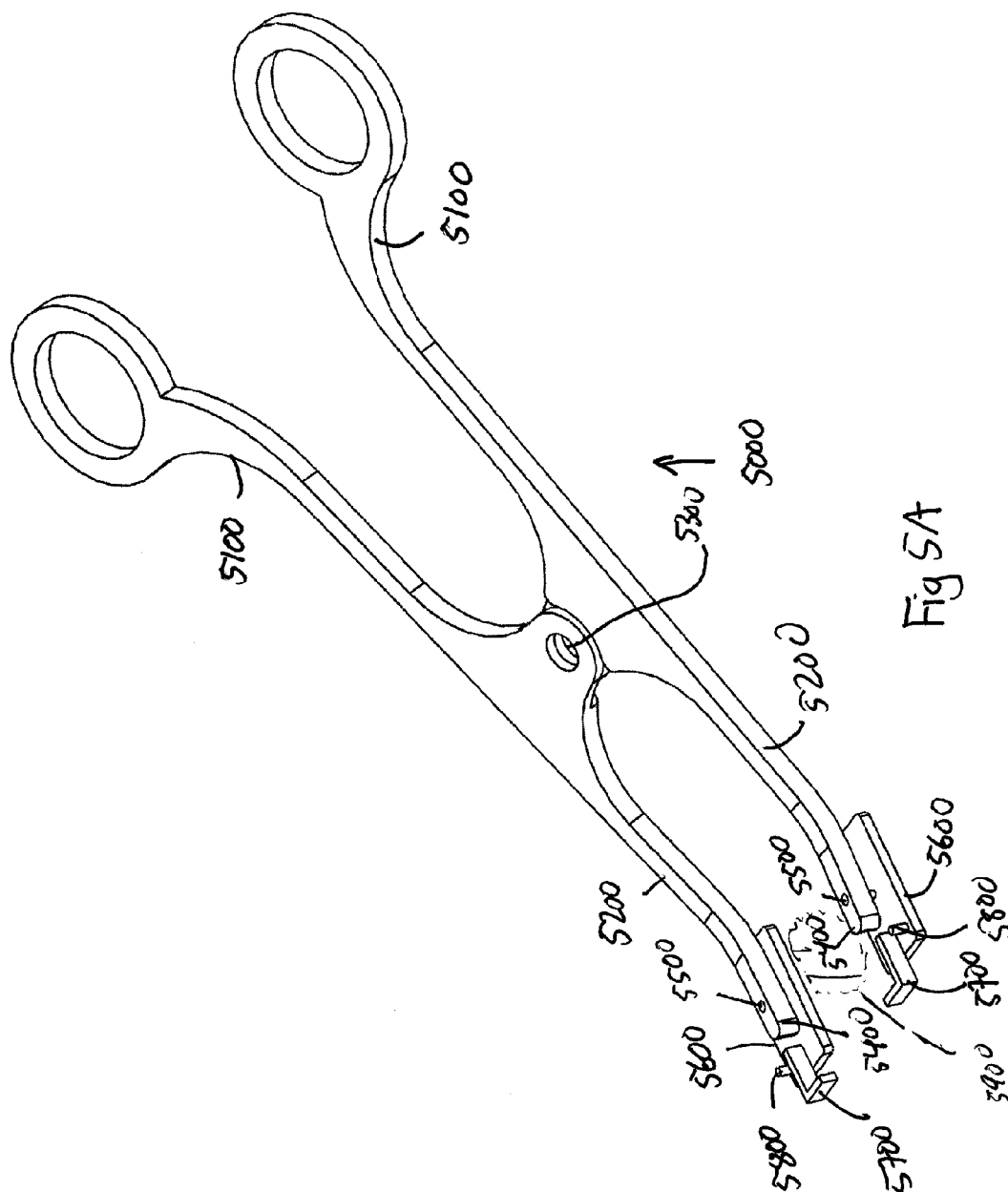
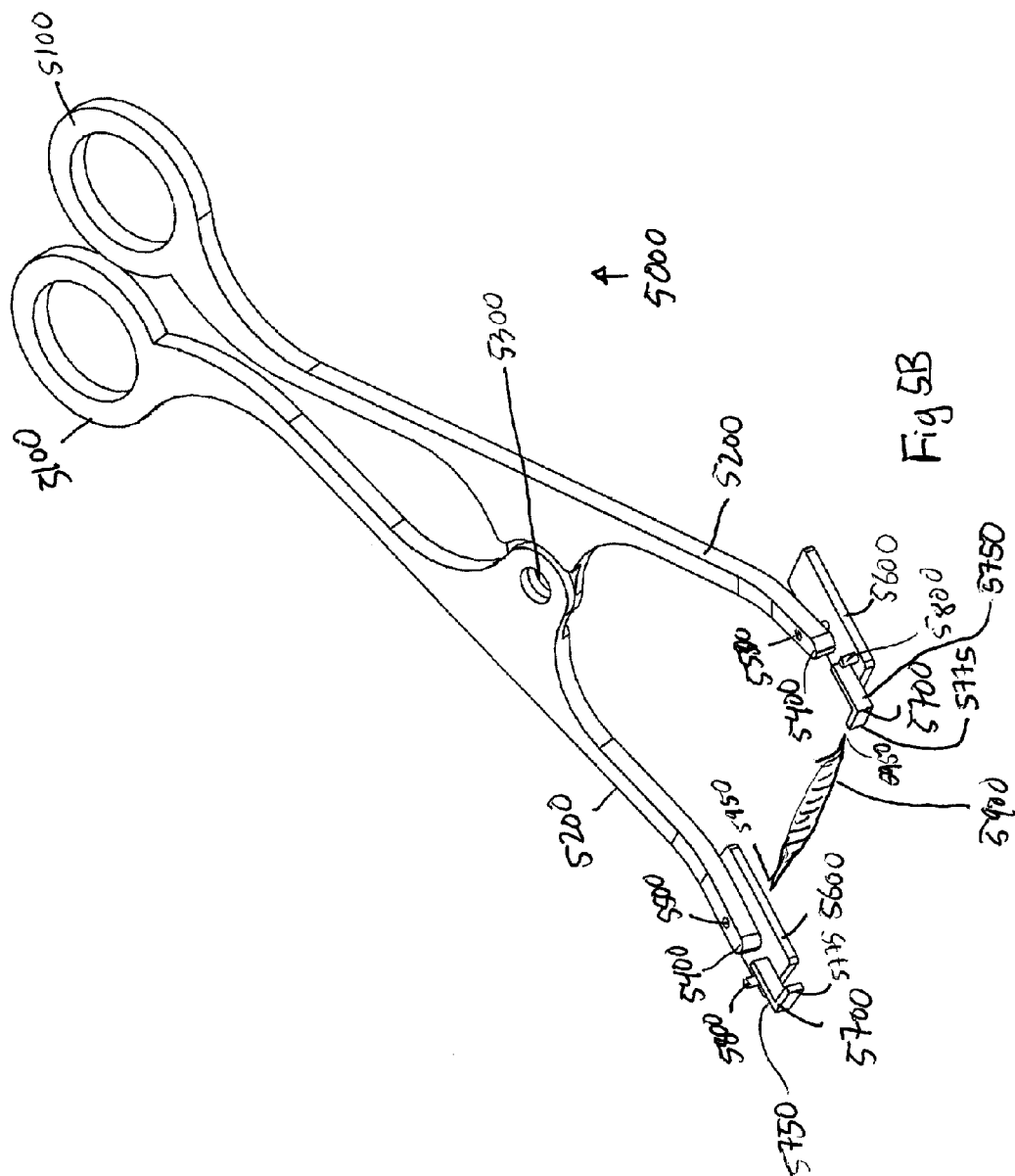


Fig 4B





SKIN STRAINING DEVICES AND METHODS

CROSS-REFERENCE TO RELATED APPLICATIONS

This application is a continuation-in-part of U.S. application Ser. No. 12/854,859, filed on Aug. 11, 2010, which is hereby incorporated by reference in its entirety. This application is also related to U.S. application Ser. No. 11/888,978, filed on Aug. 3, 2007, which is hereby incorporated by reference in its entirety.

BACKGROUND

Scar formation in response to cutaneous injury is part of the natural wound healing process. Wound healing is a lengthy and continuous process, although it is typically recognized as occurring in stages. The process begins immediately after injury, with an inflammatory stage. During this stage, which typically lasts from two days to one week (depending on the wound), damaged tissues and foreign matter are removed from the wound. The proliferative stage occurs at a time after the inflammatory stage and is characterized by fibroblast proliferation and collagen and proteoglycan production. It is during the proliferative stage that the extracellular matrix is synthesized in order to provide structural integrity to the wound. The proliferative stage usually lasts about four days to several weeks, depending on the nature of the wound, and it is during this stage when hypertrophic scars usually form. The last stage is called the remodeling stage. During the remodeling stage the previously constructed and randomly organized matrix is remodeled into an organized structure that is highly cross-linked and aligned to increase mechanical strength.

While the histological features characterizing hypertrophic scars have been well documented, the underlying pathophysiology is not well known. Hypertrophic scars are a side effect of excessive wound healing, and generally result in the overproduction of cells, collagen, and proteoglycans. Typically, these scars are raised and are characterized by the random distribution of tissue bundles. The appearance (i.e., size, shape, and color) of these scars varies depending on the part of the body in which they form, and the underlying ethnicity of the person affected. Hypertrophic scars are very common, and may occur following any full thickness injury to the skin. Recently, it has been shown in U.S. Patent Application Publication 2006/0037091 (U.S. patent application Ser. No. 11/135,992 entitled "Method for Producing Hypertrophic Scarring Animal Model for Identification of Agents for Prevention and Treatment of Human Hypertrophic Scarring," filed May 24, 2005) which is hereby incorporated by reference in its entirety, that mechanical stress may increase hypertrophic scarring in a murine model.

Keloids are typically characterized as tumors consisting of highly hyperplastic masses that occur in the dermis and adjacent subcutaneous tissue in susceptible individuals, most commonly following trauma. Keloids are often more severe than hypertrophic scars, since they tend to invade normal adjacent tissue, while hypertrophic scars tend to remain confined within the original scar border.

BRIEF SUMMARY

Devices, kits and methods described herein may be for wound healing, including the treatment, amelioration, or prevention of scars and/or keloids by applying and/or maintaining a strain, compression or stress in skin by to transferring a

generally planar force from the device to the skin surface. Devices kits and methods herein may also include a dressing or other device that maintains the skin in a strained, compressed or stressed state to unload stresses on the skin at or near a wound site for a treatment period.

According to some variations, a skin frame or other skin straining device is provided that strains skin on each side of a wound to off load stresses at the wound site. A dressing may be applied to the strained skin. The dressing may be integral with one or more elements of the skin straining device.

According to some variations, a method of unloading stress experienced by skin or a wound of a subject comprises: straining skin on opposing sides of a treatment area wherein the treatment area comprises a previously closed wound; and applying a dressing to at least a portion of the treatment area to maintain at least a portion of the strain for a treatment period. According to some variations, the step of straining skin comprises straining skin to a measured amount. According to some variations, the step of straining skin to a measured amount comprises straining skin to a predetermined percent strain. According to some variations, the step of straining skin on opposing sides of a treatment area comprises applying a compressive stress to the skin. According to some variations, the step of straining skin on opposing sides of a treatment area comprises applying a measured strain to the skin. According to some variations, the step of straining skin on opposing sides of a treatment area comprises applying a measured force to the skin. According to some variations, the step of straining skin on opposing sides of a treatment area comprises applying a tensile stress to opposite sides of longitudinal edges of a wound. According to some variations, the step of straining skin opposing sides of a treatment area comprises applying a measured strain to the skin on opposite sides of longitudinal edges of a wound. According to some variations, the step of straining skin opposing sides of a treatment area comprises applying a measured force to the skin on opposite sides of longitudinal edges of a wound.

According to other variations, a skin straining device comprises: a first straining element comprising a first skin attachment structure; a second straining element comprising a second skin attachment structure; a handle structure coupled to at least one of the first straining element and the second straining element, configured to move the first straining element with respect to the second straining element; and wherein the first attachment structure and second attachment structure are configured to be positioned on opposite sides of a skin treatment region, and wherein the first and second straining elements are each configured to move with respect to each other in a manner that changes a distance between the first attachment structure and the second attachment structure; and a measuring element configured to determine a measurement corresponding to amount of force applied to the skin region. According to some variations the measurement comprises a predetermined amount of strain applied to the skin. According to some variations, the measurement comprises a predetermined amount of compressive strain applied to the skin. According to some variations the measurement comprises a predetermined amount of tensile strain applied to the skin. According to some variations, the measurement comprises a predetermined amount of compressive force applied to the skin. According to some variations, the measurement comprises a predetermined amount of tensile force applied to the skin. According to some variations, the device further comprises a dressing configured to be placed on a pre-strained skin region to maintain at least a portion of the strain. According to some variations, the device is further configured to apply a strain of at least about 20% to the skin region. Accord-

ing to some variations, the device is further configured to apply a strain of at least about 40% to the skin region. According to some variations, the straining structure comprises a first frame structure and the second straining structure comprises a second frame structure, wherein at least one of said first and second frame structures is configured to provide an area of space in which to guide positioning of a skin treatment region. According to some variations, the device further comprises a dressing removably coupled to the device, wherein the dressing is configured to be positioned on a skin region strained by the device. According to some variations, the first attachment structure and second attachment structure each comprise a plurality of attachment elements. According to some variations, each of the plurality of attachment elements of each of the first and second attachment structures provide a variable strain between an adjacent attachment element. According to some variations, the device further comprises a plurality of spring elements each of said plurality of spring elements positioned between adjacent attachment elements. According to some variations, the attachment structures comprise a skin adhesive.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1A is a superior view of a skin treatment device in a first position; and FIG. 1B is a superior view of the skin treatment device of FIG. 1A in a second position.

FIG. 2A is a superior view of a skin straining device and dressing assembly in a first position. FIG. 2B is a superior view of the skin straining device of FIG. 2A in a second position; FIG. 2C is an inferior view of the skin straining device of FIG. 2A in the second position; FIG. 2D is a superior view of the skin straining device of FIG. 2A in a third position in a first configuration; FIG. 2E is a superior view of the skin straining device of FIG. 2D in a second configuration. FIG. 2F is a cross sectional view of FIG. 2A along line A-A OF FIG. 2A.

FIG. 3A is a superior view of a skin straining device and dressing assembly in a first position. FIG. 3B is a side elevational view of the device of FIG. 3A.

FIG. 4A is a superior view of a skin stress unloading or straining device in a first position; FIG. 4B is a superior view of the device of FIG. 4A in a second position.

FIG. 5A is a perspective view of a skin stress unloading or straining device in a first position; FIG. 5B is a perspective view of the device of FIG. 5A in a second position.

DETAILED DESCRIPTION

Previous attempts to treat scars and keloids have included surgery, silicone dressings, steroids, x-ray irradiation, and cryotherapy. Each of these techniques has disadvantages. Perhaps the biggest disadvantage is that none of them effectively prevent or ameliorate the formation of scars or keloids in the first instance. That is, these techniques have primarily been used to treat scars after they are already well established.

The mechanical environment of an injury may be an important factor in tissue response to that injury. The mechanical environment includes exogenous stress (i.e., physiological stress which includes stress transferred to the wound via muscle action or physical body movement) and endogenous stress (i.e., dermal stress originating from the physical properties of the skin itself, including stress induced at the wound site due to swelling or contraction of the skin). The devices, and methods described herein may control or regulate the mechanical environment of a wound to ameliorate scar and/or keloid formation. The mechanical environment of a wound

includes stress, strain, and any combination of stress and strain. The control of a wound's mechanical environment may be active or passive, dynamic (e.g., by applying an oscillating stress) or static. The stresses and strains acting on the wound may involve the layers of the skin, such as the outer stratum corneum, the epidermis and dermis, as well as the underlying connective tissue layers, such as the subcutaneous fat. Devices and methods described here may shield a wound from its mechanical environment. The term "shield" is meant to encompass the unloading of stress experienced by the wound as well as providing a physical barrier against contact, contaminants, and the like. The devices and methods described here may shield a wound by unloading the wound and surrounding tissues from endogenous stress and/or exogenous stress. Thus, devices and methods described here may reduce the stress experienced by a wound and surrounding tissues to a lower level than that experienced by normal skin and tissue. Unloading of exogenous and/or endogenous stress in the vicinity of the wound may ameliorate the formation of scars, hypertrophic scars, or keloids.

A cell's external mechanical environment may trigger biological responses inside the cells and change cell behavior. Cells can sense and respond to changes in their mechanical environment using integrin, an integral membrane protein in the plasma membrane of cells, and intracellular pathways. The intracellular pathways are initiated by receptors attached to cell membranes and the cell membrane that can sense mechanical forces. For example, mechanical forces can induce secretion of cytokines, chemokines, growth factors, and other biologically active compounds that can increase or trigger the inflammatory response. Such secretions can act in the cells that secrete them (intracrine), on the cells that secrete them (autocrine), on cells surrounding the cells that secrete them (paracrine), or act at a distance from the point of secretion (endocrine). Intracrine interference can alter cell signaling, which can in turn alter cell behavior and biology including the recruitment of cells to the wound, proliferation of cells at the wound, and cell death in the wound. In addition, the extracellular matrix may be affected.

As noted above, the wound healing process may be characterized in three stages: early inflammatory phase, the proliferative phase, and remodeling. The inflammatory phase occurs immediately after injury and typically lasts about two days to one week. Blood clotting takes place to halt blood loss and factors are released to attract cells that can remove debris, bacteria and damaged tissue from the wound. In addition, factors are released to initiate the proliferative phase of wound healing. In the proliferative phase, which lasts about four days to several weeks, fibroblasts grow and build a new extracellular matrix by secreting collagen and proteoglycans. At the end of the proliferative phase, fibroblasts can act to contract the wound further. In the remodeling phase, randomly oriented collagen is organized and crosslinked along skin tension lines. Cells that are no longer needed can undergo apoptosis. The remodeling phase may continue for many weeks or months, or indefinitely after injury. Scars typically reach about 75-80% of normal skin breaking strength about 6-8 weeks after injury. In general, scars typically have a triangular cross-section. That is, a scar is usually smallest in volume near the skin surface (i.e., stratum corneum and epidermis) and increases in volume as it progresses into the deeper layers of the dermis.

There are three common possible outcomes to a wound healing process. First, a normal scar can result. Second, a pathologic increase in scar formation can result, such as formation of a hypertrophic scar or a keloid. Third, the wound may not heal completely and become a chronic wound or

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ulcer. The devices, kits and methods described herein can ameliorate the formation of any type of scar. In addition, the devices, kits and methods described here can be adapted for a variety of wound sizes, and for different thicknesses of skin, e.g., the devices may be configured for use in different areas of the body. In addition, the devices, kits and methods described here can be adapted to ameliorate scar formation in any type of skin, e.g., body location, age, race, or condition.

Without wishing to be bound by any particular theory, we believe that mechanical strain acting on a wound or incision early in the proliferative phase of the wound healing process may inhibit cellular apoptosis, leading to a significant accumulation of cells and matrix, and hence increased scarring or the production of hypertrophic scars. Given the underlying similarities between hypertrophic scars and keloids with respect to excessive matrix formation, we believe that the devices and methods described herein may also be useful in preventing and treating keloids by offloading or neutralizing at least some of the strain that may be acting on the wound or incision. This tensile strain may be exogenous and/or endogenous strain, and may include but is not limited to the strain from the intrinsic tensile forces found in normal intact skin tissue.

Devices and methods are described herein for ameliorating the formation of scars and/or keloids at a wound site. The scars may be any type of scar, e.g., a normal scar, a hypertrophic scar, etc. In general, the devices may be configured to be removably secured to a skin surface near a wound. The devices may shield the wound from endogenous stress and/or exogenous stress. In some variations, the devices may shield the wound from endogenous stress without affecting exogenous stress on the wound, e.g., devices that modify the elastic properties of the skin, etc. In other variations, the devices may shield the wound from exogenous stress without affecting endogenous stress on the wound. Such variations may include situations where the musculature and surrounding wound tissue has been paralyzed, e.g., through the use of botulinum toxin or the like. In still other variations, the devices shield the wound from both endogenous and exogenous stress.

In such variations, a device may comprise a first device to temporarily exert forces that unload stresses or shield wounds from various stresses, and a second device to maintain at least some of such unloading or shielding for a period of time.

The devices described herein may ameliorate the formation of scars at wound sites by controllably stressing or straining the epidermis and deeper layers of dermal tissue around the wound, thereby reducing tensile or compressive stress at the wound site itself. The stress at the wound site may be reduced to levels below that experienced by normal skin and tissue. The stress or strain may be applied to surrounding tissue in one, two, or three directions to reduce endogenous or exogenous stress at the wound in one, two or three directions.

According to some variations of devices and methods herein, a first device may be used to compressively strain skin and then a second device may be used to hold or maintain at least a portion of the strain. According to variation of devices and methods herein a device used to strain skin may comprise a skin straining element and a strain holding element. According to variation of devices and methods herein, skin adjacent a wound or scar may be compressively stressed or strained to a desired or predetermined amount or force. According to some variations of devices and methods herein, skin adjacent a wound or scar may tensile stressed or strained to a desired or a predetermined amount or force. According to some variations of devices or methods herein, skin near a previously closed wound or incision, such as, a sutured wound or inci-

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sion may be stressed or strained with the skin frame to unload stresses at the wound or incision site. A dressing may then be applied over stressed or strained skin to maintain at least a portion of the stress unloading or strain.

According to some variations of devices and methods herein as strain of greater than 10%, 20%, 30%, 40%, 50%, or 60% may be applied to an area of skin. A dressing applied to the skin may maintain greater than 90%, 80%, 70%, 60%, 50%, 40%, 30%, or 20% of the strain applied to the skin.

FIGS. 1A and 1B illustrate a skin frame 2200 configured to pre-strain skin prior to application of a skin treatment device to the skin that will hold the skin in a strained configuration. The frame 2200 comprises an inner sliding frame 2201 and an outer sliding frame 2202. Attachment structure 2206 is attached to the bottom of inner sliding frame 2201 on a first side 2203 of the skin frame 2200. Attachment structure 2207 is attached to the bottom of the outer sliding frame 2202 on a second side 2204 of the skin frame 2200. The attachment structures 2206, 2207 are configured to attach to skin, for example by way of adhesive, friction pads, microneedles and the like. The friction pads may comprise a silicone, a viscoelastic polymer such as styrenic block polymers, and the like. The skin frame 2200 may comprise a paperboard, plastic, rigid, semi-rigid or flexible material, including but not limited to, for example, a plastic, e.g., PVC or acrylic, or a paperboard, a laminate of a material, such as a solid bleach sulfate paperboard with a layer of flexible material between layers of paperboard, for example, silicone, polyurethane, low-density polyethylene or a rubber material. The material may also be a metal.

In use, the attachment structures 2206, 2207 are attached to skin when the skin frame is in the first position as shown in FIG. 1A. In the first position the distance between the attachment structures is L₁. As shown in FIG. 1B, the sides 2203, 2204 of the skin frame are slid together by sliding inner frame 2201 and outer frame 2202 with respect to each other. Thus the distance between the attachment structures is L₂ where L₂ is less than L₁, thus straining the skin to which the attachment structures 2206, 2207 are attached. A skin treatment device may then be placed through opening 2205 of the skin frame. The skin treatment device is configured to hold the skin in place. The skin treatment structure may be an unstrained or a strained treatment structure. For example such as the dressings, wound treatment device or skin treatment devices described herein or use with an applicator.

The skin frame 2200 may include a slot or guide rail on the underside or an inner window edge of the sliding outer frame 2202 on the first side of the skin frame 2200, that slidably couple the inner and outer frames 2201, 2202, for example. Alternatively, the slot or guide rail may be located on an inner window edge of the sliding outer frame 2202 that slidably couples to an outer edge of the inner frame 2201. The skin frame 2200 may also include a handle on the sliding inner frame 2201 on the first side 2203 of the skin frame 2200 for pulling or pushing the inner skin frame 2201 with respect to the outer skin frame 2202. A handle may also be provided on the sliding outer frame 2202 on the second side 2204 of the skin frame 2200 to assist in moving the inner and outer frames with respect to each other. Gripping surface material may also be provided on the handles or on the surfaces of the frame 2200 to facilitate squeezing of the frame 2200. The inside of the outer frame and/or the outside of the inner frame may be coated with a lubricious material such as Kapton tape or may be constructed of a low friction material such as HDPE or UHMWPE to permit ease of sliding.

The skin frame 2200 may be alternatively constructed where attachment structure 2206 is alternatively attached to

the bottom of the inner sliding frame **2201** on the second side **2204** of the skin frame **2200** and attachment structure **2207** is alternatively attached to the bottom of the outer sliding frame **2202** on the first side **2203** of the skin frame **2200**. In such a configuration FIG. 1B would represent a first configuration where the skin is not compressed by the skin frame. FIG. 1A would represent a second configuration in which skin is compressively strained between the inner sliding frame **2201** on the second side **2204** and the outer sliding frame **2202** on the first side **2203** by sliding the frames together to decrease the distance between attachment structures.

Referring to FIGS. 2A to 2F, another variation of a skin straining or compressing device **2300** is illustrated. The device **2300** comprises a skin compressing or straining portion **2310** comprising an outer frame structure **2311** and an inner frame structure **2331** that is slidable within the outer frame structure **2311**, i.e., at least a portion of the inner frame structure is slidable within a slot or groove or rail of the outer frame structure and so that window portions of each of the inner and outer frame structures at least partially overlap as described herein. The outer frame structure **2311** includes sides **2312**, **2313**, **2314**, **2315** that form a window portion **2316** through which a wound, incision, typically a closed wound incision, or scar or other area of treatment of a subject's skin may be viewed for placement of the skin frame. The outer frame structure **2311** may also include guides **2324** that may be used to position the wound or other skin area within the window portion **2316**. The outer frame structure **2311** may also comprise markings **2325** to indicate a percent strain in the skin compression or other metrics or measurements indicating the amount of compression such as change in distance or length. The outer frame structure **2311** includes an opening or slot **2317** into or through which the inner frame structure **2331** may move or slide. The device **2300** may comprise a paperboard, plastic, rigid, semi-rigid or flexible material, including but not limited to, for example, a plastic, e.g., PVC or acrylic, or a paperboard, a laminate of a material, such as a solid bleach sulfate paperboard with a layer of flexible material between layers of paperboard, for example, silicone, polyurethane, low-density polyethylene or a rubber material. The material may also be a metal.

The inner frame structure **2331** includes a frame portion **2337** that slides or moves within the slot **2317**. The inside of the slot and/or the outside of the inner frame may be coated with a lubricious material such as Kapton tape or may be constructed of a low friction material such as HDPE or UHMWPE to permit ease of sliding. Frame portion **2337** includes sides **2332**, **2333**, **2334**, **2335** that form a window portion **2336** that at least partially overlaps window portion **2316** of the outer frame structure **2311** when the frame portion **2337** is positioned in the slot **2317**. Inner frame structure **2331** also comprises a dressing carrier **2340** and a dressing **2342** separated from the frame portion **2337** by fold line **2341**. The inner frame structure **2331** also comprises a straining handle or tab portion **2348** that is used to exert a compressive stressing or straining force to skin of a subject as described in more detail herein. The free end **2349** of the dressing carrier **2340** in this illustration acts as a straining handle or tab portion **2348** that is pulled to exert a compressive stressing or straining force as described in more detail herein.

The dressing **2342** is positioned in a cut out or opening **2344** in the dressing carrier **2340**. The opening **2344** is defined by sides **2345** which do not contact the dressing **2342**. A liner **2343** overlays an adhesive side **2346** of the dressing on the top side **2351** of the inner frame structure **2331** as shown in FIG. 2A. The dressing **2342** is removably coupled to the dressing carrier **2340** by way of a frame wrapper **2352** which

is positioned over the dressing **2342** and opening **2344** and is attached to the dressing carrier **2340** on the back side **2353** of the inner frame structure **2340**. The adhesive side **2346** of the dressing **2342** includes a layer of a skin adhesive, such as, for example a pressure sensitive adhesive (PSA) to be applied to the skin of a subject. The adhesive side **2346** is covered by an adhesive liner **2343** located on the top side **2351** on the dressing carrier **2340**. When removed, the adhesive liner **2343** exposes the adhesive layer **2346** of the dressing **2342** at the top side **2351** of the inner frame **2331**.

The outer frame structure **2311** includes an attachment structure **2362** such as a skin adhesive on the side **2312** on the bottom side **2361** of the frame structure **2311**. The attachment structure is constructed to removably attach the device **2300** to a first side of a wound or other skin location. The inner frame structure **2331** includes an attachment structure **2363** such as a skin adhesive on the side **2334** of the back side **2353** of the inner frame structure **2331**. The side **2334** of the inner frame structure includes an edge **2334a** that is exposed through window portion **2316** of the outer frame structure **2311**. The attachment structures **2362**, **2363** may be adhesives that are covered with a releasable liner prior to use.

The device **2300** is illustrated in FIG. 2A in a first initial configuration. In the initial configuration, the frame portion **2337** of the inner frame structure **2331** is positioned within the slot **2317** of the outer frame structure **2311** so that the edge **2334a** of the side **2334** of the frame portion **2337** of the inner frame structure **2312** aligns with first marking **2325a**. In this position the attachment structures **2362**, **2363** are prepared to be applied to the skin of a subject e.g., in the case of an adhesive attachment structure, by removing an adhesive liner. The device **2300** is positioned on or over a wound or other treatment area of the skin of a subject by viewing the location of the wound or incision **2400** through the window portions **2316**, **2336** of outer and inner frame structures **2311**, **2331** respectively where the window portions **2316**, **2336** overlap. The incision **2400** is positioned with its length aligned with markers **2324** on the top side **2360** of the outer frame structure **2311**. The device **2300** is attached to the skin of the subject with attachment structures **2362**, **2363** which are located on opposite sides of a wound, incision or other area to be treated **2400**.

As shown in FIG. 2B, the handle **2348** of inner frame structure **2331** is pulled to draw the side **2334** of the inner frame **2331** towards the side **2312** of the outer frame structure **2311**. The sides **2334** and **2312**, being attached to the skin, compress the skin together or compressively strain the skin when pulled together. Markings **2325** on the outer frame structure **2311** indicate the amount the skin has been pulled together by where the edge **2334a** of the side aligns with the markings. As shown in FIG. 2B, the percentage of strain of the length of the skin between the sides **2312**, **2334** is indicated. Such indications may be used to provide a predetermined, i.e., measured amount of force or strain as shown by the indications on the device. Alternatively, distance or change in distance between attachment structures may be indicated by the markings **2325**. The adhesive liner **2343** of the dressing **2342** is removed to prepare the dressing **2342** for application to a compressed or strained area of skin.

When the skin has been compressed or strained to a desired degree, the dressing carrier **2340** is folded over at the fold line **2341** with the exposed adhesive **2346** of the dressing aligned with overlapping portions of the windows **2316**, **2336**, and is applied through the windows **2316**, **2336** to the compressed skin. The dressing **2342** may then be released from the dressing carrier **2340** by removing the frame wrapper **2352** which holds the dressing **2342** to the dressing carrier **2340**. The

frame wrapper **2352** may be attached to the dressing carrier **2340** and/or the dressing **2342** for example, with a light tack adhesive, or a Mylar or polyester release liner that is already inherently tacky when placed on a silicone elastomer dressing. The frame wrapper may be constructed for example of an LPDE film or a paper liner. The frame wrapper **2352** has less adhesive strength than the attachment structures **2362**, **2363** so that the frame wrapper **2352** may be removed without removing the attachment structures **2362**, **2363** from the skin. After the frame wrapper **2352** is removed, the remaining elements of the device **2300** may then be removed from the patient by peeling the adhesive attachment structures **2362**, **2363** off the skin of the subject leaving the dressing **2342** on the subject. The device **2300** may be disposed of after removal or it may be reloaded or reused with a new dressing.

FIGS. 3A and 3B illustrate a variation of a skin straining or compression device **3000**. The device **3000** comprises an outer frame structure **3011** and an inner frame structure **3031** that is slidable with respect outer frame structure **3011**. The device **3000** may comprise a paperboard, plastic, rigid, semi-rigid or flexible material, including but not limited to, for example, a plastic, e.g., PVC or acrylic, or a paperboard, a laminate of a material, such as a solid bleach sulfate paperboard with a layer of flexible material between layers of paperboard, for example, silicone, polyurethane, low-density polyethylene or a rubber material. The material may also be a metal.

The outer frame structure **3011** includes handle portion **3012**, first compression arm **3013** and second compression arm **3014**. The compression arms **3013**, **3014** may further comprise or are coupled to generally parallel compression bands or bars **3113**, **3114** respectively that are coupled to a series of compression bands **3115a**, **3115b**, **3115c** and **3115d** extending across compression bars **3113**, **3114**. The compression bands **3115a**, **3115b**, **3115c** and **3115d** include a skin adhesive layer on the underside for attaching to an area of skin to be compressed or strained. The compression bands **3115a**, **3115b**, **3115c** and **3115d** are separated by spring members **3001**, **3002**, **3003** having spring rates, e.g., constants k_1 , k_2 and k_3 respectively. According to one variation $k_1 > k_2 > k_3$. In other variations the spring constants may be equal or may vary in any manner as desired. The inner frame structure **3031** includes handle portion **3032**, first compression arm **3033** and second compression arm **3034**. The compression arms **3033**, **3034** are coupled to generally parallel compression bars or bands **3133**, **3134** respectively that are coupled to a series of compression bands **3135a**, **3135b**, **3135c** and **3135d** extending across compression bars **3133**, **3134**. Outer frame structure **3011** and inner frame structure **3031** are movably attached by the compression bars **3133**, **3134** that are fixed to compression band **3135a** and are slidably coupled to the compression bands **3115a**, **3115b**, **3115c**, **3115d**. For example, the compression bars **3133** and **3134** may extend through openings, slots or rails in compression bands **3115a**, **3115b**, **3115c**, **3115d**. The compression bands **3135a**, **3135b**, **3135c** and **3135d** include a skin adhesive layer **3300** on the underside for attaching to an area of skin to be compressed or strained. The compression bands **3135a**, **3135b**, **3135c** and **3135d** are separated by spring members **3004**, **3005**, **3006** having spring constants k_3 , k_2 and k_1 respectively. According to one variation $k_1 > k_2 > k_3$. In other variations the spring constants may be equal or may vary in any manner as desired.

The inside of the outer frame and/or the outside of the inner frame may be coated with a lubricious material such as Kapton tape or may be constructed of a low friction material such as HDPE or UHMWPE to permit ease of sliding.

Compression bars **3133**, **3134**, and compression bands **3115d** and **3135d** form a window portion **3316** through which a wound, incision, scar or other area of treatment of a subject's skin may be viewed for placement of the skin frame. The inner frame structure **3031** also includes guides **3325** that may be used to position the wound or other skin area within the window portion **3316**. The outer frame structure **3011** comprises markings **3324** to indicate the amount of compression in the skin that is positioned between bands **3115a** and **3135a** such as, e.g., a percent strain, change in distance or length when the outer frame structure **3011** and inner frame structure **3031** are moved with respect to each other. The band **3135d** of the inner frame structure **3031** may be used to align with the markings **3324** of the outer frame structure **3011** to indicate amount of compression of skin within the window. Such markings or indications may be used to provide a predetermined, i.e., measured amount of force or strain as shown by the markings on the device

The handle portions **3012** and **3032** of outer frame structure and inner frame structure respectively are used to exert a compressive stressing or straining force to skin of a by pulling the handles **3012**, **3032** away from each other to draw bands **3115a**, **3115b**, **3115c** and **3115d** towards bands **3135a**, **3135b**, **3135c** and **3135d** to exert a compressive stressing or straining force to skin between bands **3115a** and **3135a**. The spring elements **3001**, **3002**, **3003**, **3004**, **3005**, **3006** having varying rates act to controllably vary the compression between adjacent bands **3115a-d** or **3135a-d**. Thus compression may gradually be reduced or otherwise varied as the distance from the wound site increases.

The skin adhesive layers **3055** on the bands **3115a-d** of the outer frame structure **3011** are configured to removably attach the bands **3115a-d** to a first side of a wound or other skin location. The skin adhesive layers **3055** on the bands **3135a-d** of the inner frame structure **3031** are configured to removably attach the bands **3135a-d** a second side of a wound or other skin location. The adhesive layers **3055** may be covered with a releasable liner prior to use.

The device **3000** is illustrated in FIGS. 3A and 3B in a first initial configuration. In the initial configuration, the outer frame structure **3011** and the inner frame structure **3031** are positioned so that markers **3325** are aligned with the zero marking of the inner frame member indicating zero compression or strain. In this position the adhesive layers **3055** are prepared to be applied to the skin of a subject by removing one or more adhesive liners. The device **3000** is positioned on or over a wound or other treatment area of the skin of a subject by viewing the location of the wound through the window portions **3316**. The incision is positioned with its length aligned with markers **3325** on the top side of the inner frame structure **3031**. The device **3000** is attached to the skin of the subject with bands **3115a-d** and **3135a-d**.

The handles **3012**, **3032** are pulled apart to draw bands **3135a-d** of the inner frame structure **3031** towards the bands **3115a-d** of the outer frame structure **3011**. Handles **3012**, **3032** may include gripping features that may be used when they are pulled apart. The bands **3015a-d** and **3135a-d** being attached to the skin, compress the skin together or compressively strain the skin when pulled together. Markers **3324** on the outer frame structure **3011** indicate the amount the skin has been pulled together by alignment of markings **3324** with the band **3135d**. Having varying spring constants, spring elements **3001**, **3002**, **3003**, **3004**, **3005**, **3006** control the movement of the bands **3115a-d** with respect to the bands **3135a-d** so that a reduced amount of strain is progressively applied between bands so that the strain is reduced at progressively more outward bands with respect to the wound. Where spring con-

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stants are the same, the strain is reduced at the same rate between bands where the springs are positioned. A locking mechanism may be provided to maintain the inner and outer frame structures in place after pulling the handles apart. For example, bars **3033**, **3034** may include ratchet structures that engage with features in openings, slots or rails in compression bands **3115a**, **3115b**, **3115c**, **3115d**.

When the skin has been compressed or strained to a desired degree, a dressing may be applied over the areas of skin between the bands **3115a-d** and **3135a-d**. After the device **3000** is removed, an additional dressing may be applied over the initial dressings to maintain at least some of the strain imparted to the skin by the device **3000**. Alternatively, a dressing may be placed over the bands **3115a-d**, **3135a-d** and bands and springs **3001-3006** which are left in place while the remaining portion of the device **3000** (e.g., the handle portions **3012**, **3032**) may be removable or separable from the bands **3113**, **3114**, **3313**, **3314**, e.g., there may be a perforation or manufactured line of direction weakness between the handle **3012**, **3032** and the bands **3115a**, **3135a** that can be severed separated or cut in a direction e.g. orthogonal to the direction of compression applied to the skin.

Referring now to FIGS. **4A** and **4B**, a skin compressing device **4000** is illustrated. The device **4000** comprises opposing handle members **4101**, **4102** that are pivotably attached by connector **4300** at a pivot point. Distal pivot arms **4200** extend from handle members **4101**, **4102** and include attachment structures **4600** pivotably attached by pins **4500** at the ends **4400** of the distal pivot arms. According to some variations, the distance from the handle members **4101**, **4102** to the connector **4300** or pivot point may be greater than the distance from the connector **4300** or pivot point to the attachment structures **4600** to provide a mechanical advantage at the handles. The attachment structures **4600** are configured to attach to the skin of a subject. The attachment structures **4600** may comprise, for example, a pressure sensitive adhesive. The handle members **4101**, **4102** further comprise a measurement arm **4700** extending from a first handle member **4101** through a slot **4800** in a second handle member **4102**. The measurement arm **4700** includes an indicator line **4750** that moves with handle. Markings **4950** on second measurement arm **4900** on the second handle **4102** represent the distance between the attachment structures **4600** when the handles **4101**, **4102** are squeezed together and indicator line **4750** or the first measurement arm **4700** lines up with the handle **4102**. The markings **4950** may also represent a percentage strain. The measurement arm **4900** may also comprise ratchets **4850** that engage with measurement arm **4700** and permit stepwise straining of the skin. The ratchets **4850** may also correspond with the markings **4950**. Alternatively the attachment structures may have the force transducers shown in FIG. **5A** or **5B** to show the amount of force applied to the skin when used. Such markings or indications may be used to provide a predetermined, i.e., measured amount of force or strain as shown by the indications on the device. For example, the predetermined amount of strain may be a predetermined absolute percentage of strain or level of force that is independent of the shape and/or size of the treatment site. As a further example, this absolute percentage of strain or level of force may be independent of the minimum strain or force to achieve opposition of the incision edges of a treatment site, which can be characterized as a strain or force relative to a structural endpoint.

In use, a wound or area to be treated is positioned between the attachment structures **4600**. The handle members **4101**, **4102** are squeezed together to a desired degree to apply a compressive or compressively straining force to the skin

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where the device **4000** is attached. As the attachment structures **4600** move together, the distal pivot arms **4200** may pivot at pivot pins **4500** with respect to the attachment structures **4600** so that the forces applied to the attachment structures **4600** remain generally parallel. A dressing may then be applied to the wound and or area of compressed skin to maintain or hold at least a portion of the stress and or strain applied by the device **4000**, after which the device **4000** may be removed from the skin, leaving the dressing in place.

Referring to FIGS. **5A** to **5B**, a skin tensioning device **5000** is illustrated. The device **5000** comprises opposing handle members **5100** that are pivotably attached by connector **5300**. Distal pivot arms **5200** extend from handle members **5100** and include attachment structures **5600** pivotably attached by pins **5500** at the ends **5400** of the distal pivot arms **5200**. According to some variations, the distance from the handle members **5101**, **5102** to the connector **5300** or pivot point may be greater than the distance from the connector **5300** or pivot point to the attachment structures **5600** to provide a mechanical advantage at the handles. The attachment structures **5600** are configured to attach to the skin of a subject. The attachment structures **5600** may comprise, for example, a pressure sensitive skin adhesive. The attachment structures **5600** further comprise force transducers **5700** that sense the amount of force or change in forces applied to the skin. The attachment structures **5600** further comprise electrical connectors **5800** electrically coupled to the force transducers **5700**, and for connecting a reading device to read and/or display the forces sensed by the force transducers corresponding to amount of force applied or percent strain on the skin. The force transducers **5700** comprise deflectable portions **5750** and transverse portions **5775**. The transverse portions **5775** include an adhesive on the bottom surface to attach to the skin in an orientation that is transverse to the attachment structures **5600**. The deflection of the deflectable portions **5750** corresponds to a function of the transverse force acting on the skin between the attachment structures **5600**. Such measurements made by the force transducer may be used to provide a predetermined, i.e., measured amount of force or strain as shown by the indications by the device.

In use, the attachment structures **5600** are positioned at the ends **5950** of a wound or area of skin to be treated **5900**. The handle members **5100** are squeezed together to a desired degree which applies a separation, straining or tensile stressing force to the longitudinal edges of a wound **5950** adjacent which the attachment structures **5600** are attached. As the attachment structures **5600** separate, the distal pivot arms **5200** may pivot with respect to pivot pins **5500** so that the forces applied to the attachment structures **5600** are generally parallel. The forces applied along an axis of the wound creates compressive stresses transverse, e.g. to the axis of the wound to unload stresses at the wound site where the wound has been closed, e.g., according to Poisson's ratio. If the wound has not been closed, the forces in addition to unloading stresses at the wound site, may also draw the transverse edges of the wound together creating tissue apposition. A dressing may then be applied to the wound to hold at least a portion of the stresses applied by the device **5000** after which the device **5000** may be removed from the skin, leaving the dressing in place.

According to some variations of devices and methods herein, including but not limited to devices shown in the FIGS. **1A** to **5B**, the distance between adhesive regions attached to the skin may vary from region to region or may depend on a number of factors such as skin buckling, desired size of dressing, wound dimensions, among other things.

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According to some variations the distance between the adhesive regions may be between 5 and 15 mm, and/or between 9 and 11 mm.

The dressings described herein may include any skin treatment device, wound treatment device, scar or keloid treatment device, scar or keloid amelioration or prevention device, bandage, or dressing that may be applied, attached to or coupled to one or more layers of the skin of a subject. A dressing may be elastic or inelastic. The dressing may comprise for example, a material such as silicone, polyethylene, woven or non-woven polyurethane, Rayon or polyester.

While this invention has been particularly shown and described with references to embodiments thereof, it will be understood by those skilled in the art that various changes in form and details may be made therein without departing from the scope of the invention. For all of the embodiments described above, the steps of the methods need not be performed sequentially.

The invention claimed is:

1. A skin straining device comprising:
 - a first straining element comprising a first skin attachment structure and a first frame structure;
 - a second straining element comprising a second skin attachment structure and a second frame structure, wherein at least one of said first and second frame structures is configured to define an area of space to provide a window in which to guide positioning to a skin treatment region;
 - a handle structure coupled to the first straining element and the second straining element, configured to move the first straining element with respect to the second straining element; and
 - wherein the first skin attachment structure and second skin attachment structure are configured to be coupled to skin on opposite sides of the skin treatment region, and wherein the first and second straining elements are each configured to be selectively manipulated by a user to move with respect to each other in a manner that changes a distance between the first skin attachment structure and the second skin attachment structure;
 - a measuring element configured to determine a measurement corresponding to amount of force applied to the skin treatment region, wherein the measuring element is configured to provide measurements of the amount of force applied to the skin treatment region while the first and second straining elements are selectively manipulated by the user; and
 - a dressing configured to be placed on a pre-strained skin treatment region to maintain at least a portion of the strain.
2. The device of claim 1 wherein the measurement comprises a predetermined amount of strain applied to the skin treatment region.
3. The device of claim 2 wherein the measurement comprises a predetermined amount of compressive strain applied to the skin treatment region.
4. The device of claim 2 wherein the measurement comprises a predetermined amount of tensile strain applied to the skin treatment region.
5. The device of claim 1 wherein the measurement comprises a predetermined amount of compressive force applied to the skin treatment region.
6. The device of claim 1 wherein the measurement comprises a predetermined amount of tensile force applied to the skin treatment region.
7. The device of claim 1 further configured to apply a strain of at least about 20% to the skin treatment region.

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8. The device of claim 7 further configured to apply a strain of at least about 40% to the skin treatment region.

9. The device of claim 1, wherein the dressing is removably coupled to the device and is configured to be positioned on the skin treatment region strained by the device.

10. The device of claim 1 wherein the first skin attachment structure and second skin attachment structure each comprise a plurality of attachment elements.

11. The device of claim 10 wherein each of the attachment elements of each of the plurality of attachment elements of each of the first and second skin attachment structures provides a variable strain between an adjacent attachment element.

12. The device of claim 11 further comprising a plurality of spring elements each of said plurality of spring elements positioned between adjacent attachment elements.

13. The device of claim 1 wherein each of the skin attachment structures comprise a skin adhesive.

14. A skin straining device comprising:
 - a first straining element comprising a first skin attachment structure;
 - a second straining element comprising a second skin attachment structure;
 - a handle structure coupled to the first straining element and the second straining element, configured to move the first straining element with respect to the second straining element; and
 - wherein the first skin attachment structure and second skin attachment structure each comprise a plurality of attachment elements and are configured to be coupled to skin on opposite sides of a skin treatment region, and wherein each of the attachment elements of each of the plurality of attachment elements of each of the first and second skin attachment structures provides a variable strain between an adjacent attachment element, and wherein the first and second straining elements are each configured to be selectively manipulated by a user to move with respect to each other in a manner that changes a distance between the first skin attachment structure and the second skin attachment structure;
 - a plurality of spring elements, each of said plurality of spring elements positioned between adjacent attachment elements; and
 - a measuring element configured to determine a measurement corresponding to amount of force applied to the skin treatment region, wherein the measuring element is configured to provide measurements of the amount of force applied to the skin treatment region while the first and second straining elements are selectively manipulated by the user.
15. The device of claim 14 wherein the measurement comprises a predetermined amount of strain applied to the skin treatment region.
16. The device of claim 15 wherein the measurement comprises a predetermined amount of compressive strain applied to the skin treatment region.
17. The device of claim 15 wherein the measurement comprises a predetermined amount of tensile strain applied to the skin treatment region.
18. The device of claim 14 wherein the measurement comprises a predetermined amount of compressive force applied to the skin treatment region.
19. The device of claim 14 wherein the measurement comprises a predetermined amount of tensile force applied to the skin treatment region.

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20. The device of claim 14 wherein the device further comprises a dressing configured to be placed on a pre-strained skin treatment region to maintain at least a portion of the strain.

21. The device of claim 14 further configured to apply a strain of at least about 20% to the skin treatment region.

22. The device of claim 21 further configured to apply a strain of at least about 40% to the skin treatment region.

23. The device of claim 14 wherein the first straining element comprises a first frame structure and the second straining element comprises a second frame structure, wherein at least one of said first and second frame structures is configured to provide an area of space in which to guide positioning to the skin treatment region.

24. The device of claim 23 further comprising a dressing removably coupled to the device, wherein the dressing is configured to be positioned on the skin treatment region strained by the device.

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